



Wrightchoice Football Performance

Optimum Fitness, Conditioning and Technique Sessions

Academy Sport Leisure Centre, Northumberland Avenue, Reading, RG2 8DF
(on grass by tennis courts)

Mondays & Wednesdays 7pm - 8.30pm

Beginning Monday 7th June

For age 16 and over

Only £3 per session



- Sessions designed to mirror demands of the game
- Improve your fitness with dynamic and competitive drills
- Develop your touch and technical skill with specially designed activities
- Develop your speed, agility and core stability to make you more of a physical threat on the pitch
- Be ready to start the new season in superb condition

For more info contact Jonnie Clarke 07882976501



Berks and Bucks Intermediate Cup Champions 2010

www.wrightchoicecsa.com
